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Next Month: TOP WOMEN IN WELLNESS

Anna Cabeca
DO, OBGYN,FACOG
Stress and Libido

Jaquel Patterson, ND, IFMCP
Sleep, Cortisol and its Relation to Stress

Arti Chandra, MD, MPH
Healing Your Gut

Carol Penn, DO
Aging Gracefully

Don't miss interviews and lifestyle tips for reducing stress.

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JOIN US LIVE ONLINE

as these top women in wellness share their expert insights for reducing stress and achieving *WELL*thier Living!

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Carrie Jones, MD, FAAP
Stress and your Thyroid

Trevor Cates, ND
Stress Impact on Skin

Jaclyn Chasse, ND
Stress and Fertility

Jyl Steinbeck
Women's Health & Homeopathy

Kela Smith, PhD DNM
Stress & Fertility

Anne Marie Fine, ND
Cracking the Beauty Code

Natural Awakenings is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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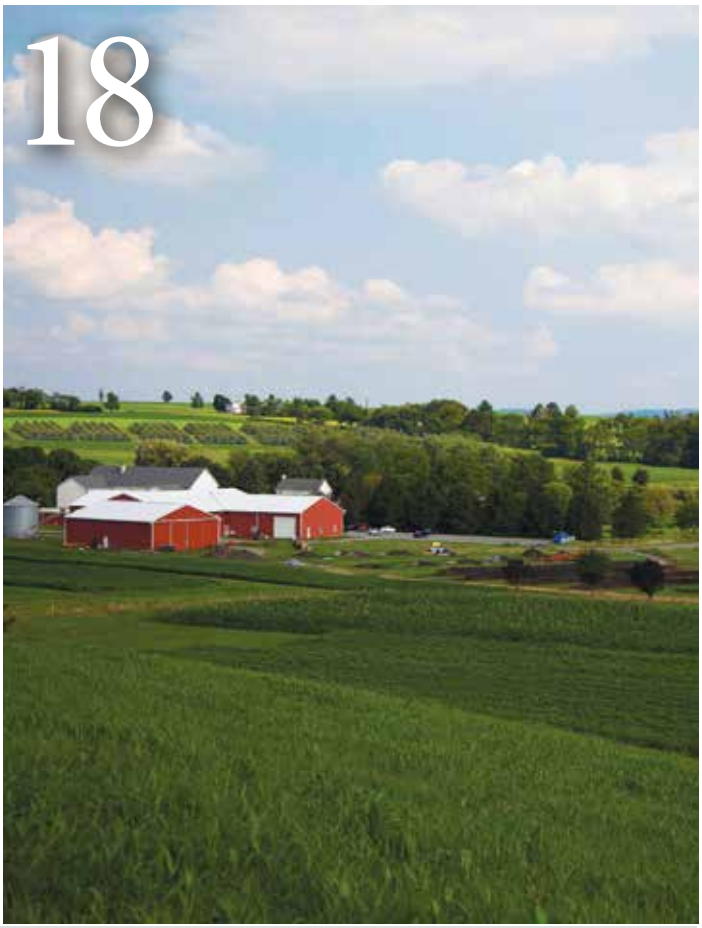

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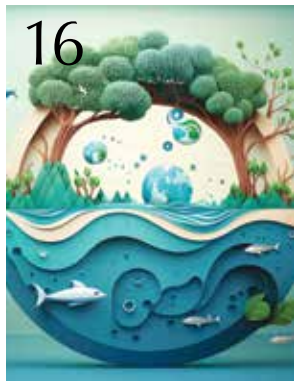

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GREATER ANN ARBOR EDITION

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***Natural Awakenings* is printed on recycled newsprint with soy-based ink.**

CISION *Natural Awakenings* Magazine is ranked 5th Nationally in CISION'S® 2016 Top 10 Health & Fitness Magazines

Top 50 Franchise 50 2015 Franchisee Satisfaction Awards FranchiseBusinessREVIEW

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Honoring the Earth

Happy Earth month, dear readers! Spring is unfolding, and we're witnessing nature transforming itself into an exquisite, yet untamed beauty, inspiring a sense of excitement and optimism as the planet is reawakening and bursting with activity. Spring is my favorite time of the year because it always gives me a profound sense of rediscovery, exhilaration and hope. Hearing so many birds singing and frogs croaking fills my heart with immense peace and joy. I am excited just to be able to kick my shoes off and run around outside barefooted, feeling the earth between my toes.

This takes me back to my youth, as I watched my beloved grandpa tending to his fruit trees and gardens. Some of my fondest childhood memories include frolicking barefoot and playing care-freely while he tended to budding flowers and sprouting vegetables. I remember his warm, bright smile when I served him a beautifully decorated, helicopter-winged mud pie, too! His love and appreciation for nature gifted me, in turn, with a similar affinity, as well as a passion to preserve and honor Mother Earth.

As we celebrate Earth Day on April 22, people all over the world are showing a rising concern for the environment and what is happening to the land, rivers, lakes and air. It is time to think beyond our own local homes and towns to find ways to contribute to the continued health of our entire planet, because it's all connected. Earth-friendly, sustainable living starts from the ground up, beginning with each of us. There is congruence between our own well-being and the way everyday lifestyle changes affect that. We must remember too, that health is a mindset of hope. To live life fully, it is important to make constant tweaks to our routine and seek consistent improvement for ourselves and all other beings.

Because everyone is at a different place along the continuum of health and wellness, there is always an opportunity to learn more. From the start, we've felt that *Natural Awakenings*' intention is to empower people with information. It is our mission to positively impact and improve the quality of your whole family's health by bringing you together with local resources of education and inspiration.

Our local vision aligns with that of our parent company to lead as a role model in the industry, to support healthy living both through our content and the way we do business. To that end, we are committed to consistently using 90 to 100 percent post-consumer recycled paper in the magazine, along with soy-based ink and, equally important, printing only on uncoated stock. When you know the facts about the way we all pay for the needless environmental destruction and waste resulting from the use of old-school glossy technology, going green is the obvious choice.

Since the birth of our magazine, we have received an abundance of support from many directions, and for that, we are forever grateful. As publishers, we truly delight in sharing *Natural Awakenings* with our growing healthy living community. We send our heartfelt thanks out to every reader, advertiser, contribution and distributor.

We hope you will think of our advertisers and distributors when seeking sources for your path to healthier living. Our small planet needs us, and we need each other. By making careful, conscious decisions, each of us, one by one, can make a real difference—at home, in our communities and around the world.

This month, take a moment to enjoy and appreciate all that nature continually provides to us.

Plant your thoughts and see your ideas blossom and unfold!

Be Well and Shine,

Trina & John

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The ownership of Chelsea Plank Flooring, a Michigan-based hardwood flooring manufacturer, has recently embarked on a new venture they have named Great Lakes Applied Power. Starting as a small solar project to power an off-grid pole barn, Great Lakes Applied Power now offers solar powered systems, for off grid structures, solar emergency power systems as well as solar-powered contractor trailers.

David Frame, the owner of Great Lakes Applied Power says, "Our new alternative power systems solve issues with power outages, as well as applications where standard line power is either unavailable or impractical. It's nice to stay warm and to keep your frozen foods frozen when you lose power!" He explains, "By adding a battery bank to a solar or gas generator backup power system, the lights stay on when the sun goes down or your generator will only run a fraction of the time. This also allows homeowners to purchase a smaller, less expensive gas generator and save 60 to 80 percent in fuel usage."

Shortly, Great Lakes Applied Power plans to add a hybrid system to their product offering that will also reduce the amount of energy needed from the utility company.

Location: 740 W. Industrial Dr., Chelsea. For more information, call 734-897-0550. See ad on back cover.

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Women's Wellness Series in May

This May, join *Natural Awakenings* and KnoWEwell for any of five women's wellness events entitled Overcoming Stress: How to Balance It All. Each Tuesday at 8 p.m. EDT, top integrative and functional medicine experts in women's health will present cutting-edge insights into the many ways that stress can impact hormones, thyroid function, fertility and libido, and also provide tangible recommendations to improve skin care, aging, sleep and mindset. The speakers are:

- **Anna Cabeca**, board-certified obstetrician and gynecologist, author of *The Hormone Fix*
- **Trevor Cates**, naturopathic doctor, author of *Clean Skin From Within*
- **Arti Chandra, MD, MPH,** family practice physician who earned her Certification in Functional Medicine as a member of the first class of practitioners to receive this designation from The Institute for Functional Medicine
- **Anne Marie Fine**, naturopathic doctor, author of *Cracking the Beauty Code*
- **Carrie Jones**, functional medicine physician specializing in hormone and thyroid health

- **Jaquel Patterson**, naturopathic physician, success coach, author of *Women and Lyme*
- **Carol A. Penn**, board-certified physician, mindset coach, author of *Meditation in a Time of Madness*
- **Jaclyn Smeaton**, naturopathic doctor specializing in hormone health and reproductive medicine
- **Kela Smith**, holistic-integrative fertility and hormone doctor
- **Jyl Steinbeck**, personal trainer and lifestyle expert

The $59 event fee includes all Tuesday evening sessions. To learn more and register, scan the QR Code. See ad page 6.

Free Mini-Series at Peaceful Dragon School

The Peaceful Dragon School will offer two free mini-series for college students and healthcare professionals: a free Introduction to Tai Chi for college students from 6 to 7 p.m., May 1 through 15; and free Basic Qigong for Self-Care for healthcare professionals from 7:15 to 8:15 p.m., May 1 through 15.

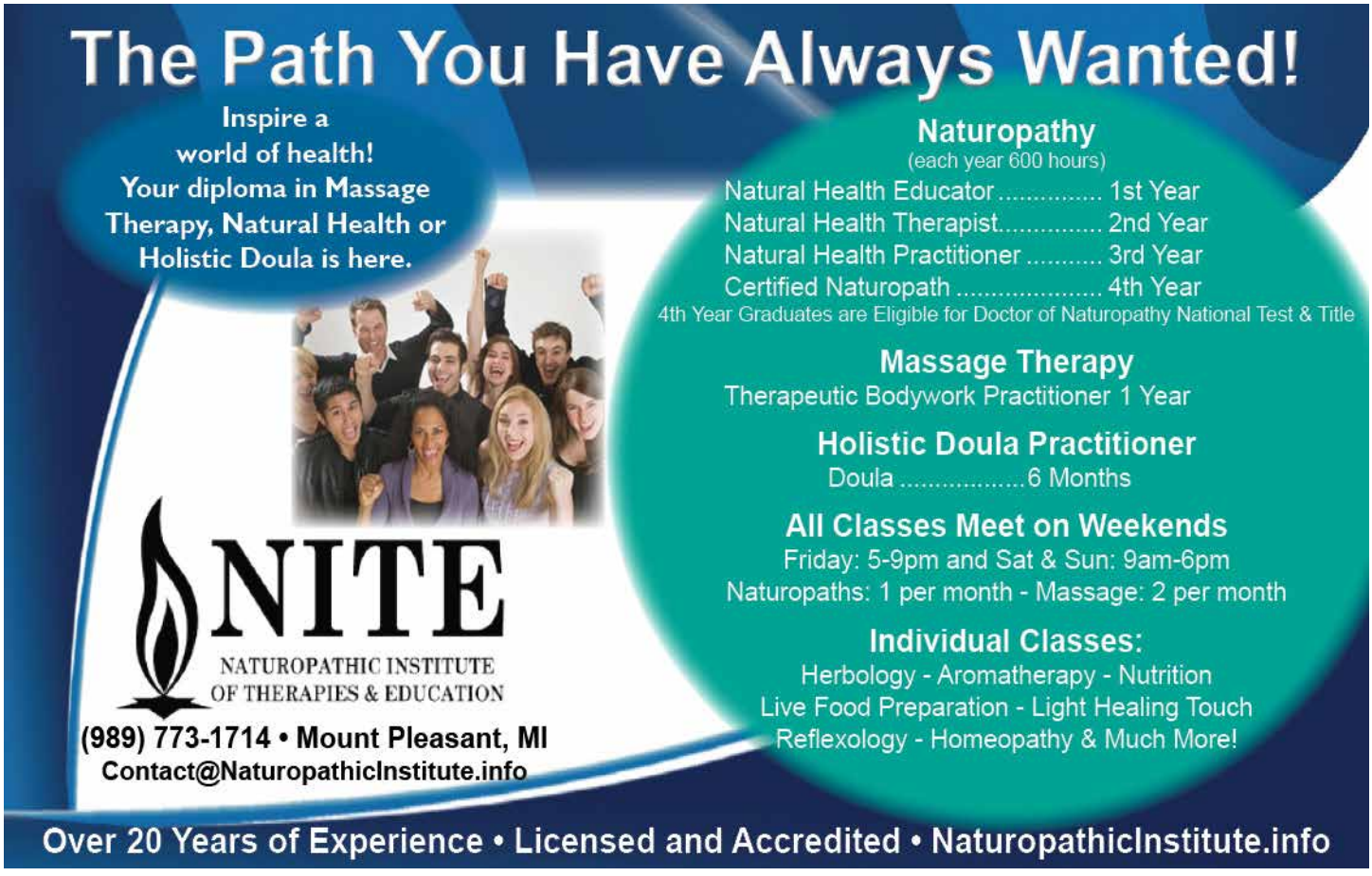
Director Wasentha Young, master of tai chi and qigong, says, "Mindfulness practices are quite popular. But did you know that taking an integrative approach can offer deep and rewarding benefits? To be truly mindful includes the mind, body, emotions and spirit. It can extend beyond what you perceive and be richly transpersonal. Although mindfulness practices may seem new, they are ancient. Research supports such practices as being useful in delivering benefits of relaxation, a sense of well-being, healthy lifestyles, graceful aging and intrinsic connections."

Location: 1945 Pauline Blvd., Ste. B, Ann Arbor. For reservations and more information, visit PeacefulDragonSchool.com. See ad page 21.

Health Yourself DIY-Wellness Fair

The Health Yourself DIY-Wellness Fair will address ways to live life to the fullest at every age and every stage of life from 10 a.m. to 4 p.m., April 22, at Even Hotel, with healthy products, demonstrations, health displays and a prize drawing. Funds raised through the fair will be donated to the nonprofit Wellness Forum Foundation, which supports health providers.

The fair will feature a wide variety of providers sharing a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wealth of knowledge and insights about healthy alternatives to increase our self-health abilities, sponsored by the DIY-Wellness Coalition, whose members are dedicated to creating a healthy community that moves well, eats well, communicates well and thinks well.

"We gathered together a group of dedicated providers who focus on natural health solutions," says Barbara Bowman, health fair coordinator. "We are committed to empowering families to get healthy and stay well. This fair provides the perfect opportunity for everyone to learn more about natural health solutions that are designed to not only improve and sustain their well-being, but also save them time and money."

Admission is free. Location: 600 Briarwood Cir., Ann Arbor. For more information, call 734-478-4263, email Barbara@diy-wellness.info or visit diy-wellness.info. See ad page 35.

Ann Arbor Senior Expo in May

The Ann Arbor Senior Expo, from 10 a.m. to 1 p.m., May 19, at the Briarwood Mall, features free health screenings, refreshments, prizes, giveaways and great information. Participants can connect with experts to get the help they need regarding Medicare coverage, assisted living, mobility solutions, independent living, veterans' benefits, audiology, senior travel, health insurance, home care, medical equipment, hospice care, financial planning, legal assistance, aging in place home improvements, eye care and physical therapy.

Senior expos are designed to connect to businesses that offer everything from home modifications to personal alarm systems to assisted living facilities and more. The Gazette Media Group, in Troy, is the largest producer of senior expos in the United States. They connect thousands of seniors with hundreds of companies every year.

Admission is free. Location: 100 Briarwood Cir.,, Ann Arbor. For tickets, visit SeniorExpoUSA.com/2023-ann-arbor-attendee.

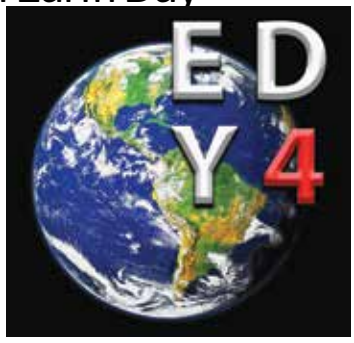
Walk for the Cure to Cystic Fibrosis

The Michigan chapter of the Cystic Fibrosis (CF) Foundation is sponsoring Ann Arbor Great Strides 5K Run/Walk at 10 a.m., May 13, at Washtenaw Community College. Check-in is at 10 a.m.; walk at 11 a.m. Funds raised are used to accelerate the development of lifesaving new therapies, provide high-quality, specialized care and programs that support people with CF and their families, and to pursue daring new opportunities to one day find a lifelong cure.

Cystic fibrosis is a progressive, genetic disease that affects the lungs, pancreas and other organs. The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF and supports a broad range of research initiatives to tackle the disease. Every Great Strides participant is driven by a dream that all people with cystic fibrosis should have the chance to live a long, healthy life. Joining Great Strides can help make a difference for people living with CF.

Donors can participate in person or virtually to ensure that everyone with CF has the chance to live a long, healthy life. Location: 4800 E. Huron River Dr., Ann Arbor. Register at Tinyurl.com/AnnArborGreatStrides. For more information, call 248-269-8759 or email Michigan@cff.org.

Celebrate Ypsilanti Earth Day



Earth Day Ypsilanti 4 will take place from noon to 5 p.m., April 16, at the Ypsilanti Freight House, with the theme of Building A Sustainable Community. Julia Bayha, commissioner of the Ypsilanti Sustainability Commission, says, "We're working hard to make this a true community event, to make it both educational and fun, to create a safe space for all to meet and greet, to nurture community-wide networking towards sustainability and a memorable afternoon! Please invite your friends and family, co-workers and associates to this event."

Participants can talk with the presenters, elected officials and others that will be adding their knowledge, practices and passion to the mission of the day and of our lives.

The Sustainability Commission seeks to create a model of sustainability through efforts to advocate, educate and promote the social, economic and environmental health of the community now and into the future. Bayha notes, "Decades ago, green activists locally, nationally and all around the world coined the phrase: "Earth Day is every day." Another term created years ago, was "Think Global, Act Local" and it has never been more important that we live in the truth of those two adages now."

Location: 100 Market Pl., Ypsilanti. For more information, email RealGreenWorld@gmail.com or visit CityOfYpsilanti.com/642/Sustainability-Commission.

Dig It on Main Street

The Ann Arbor Main Street water main is in need of replacement, which means the construction zone is visible, so the city is hosting fun events and promotions to help local businesses in the area during construction with a Can You Dig It? theme. The approximately $8 million construction project is targeting a crumbling stretch of South Main Street between William and Huron streets for water main and pavement replacements.

Downtown Ann Arbor has more than 8,000 parking spots and only 28 will be unavailable. There are also a number of parking garages and surface lots that are easily accessible. Sidewalks will be open and the work will be done in segments, providing space for events and activities to occur throughout the spring and summer months.

For more information, visit MainStreetAnnArbor.org/can-you-dig-it.

KUDOS

The **University of Michigan Ann Arbor** campus achieved **two of its 2025 sustainability goals** in 2022, according to an annual Planet Blue fact sheet. It **reduced greenhouse gas emissions by 25 percent** from its 2006 benchmark, three years ahead of schedule, and **exceeded its goal of applying 40 percent fewer chemicals to campus landscapes** compared with 2006 for the fourth consecutive year.

The emissions reduction provides a solid foundation for the university's **carbon neutrality** commitments, which were established in 2021 and span the Ann Arbor, Dearborn and Flint campuses, Michigan Medicine and Athletics.

See the report at ocs.umich.edu/wp-content/uploads/2023/02/Sustainability-Goal-Fact-Sheet-FY22.pdf. For more information, visit ocs.umich.edu/sustainability-goals.

De-Stress With Sauerkraut

A new study published in *Molecular Psychiatry* has shown that eating more fermented foods and fiber daily for just four weeks significantly lowered perceived stress levels. Forty-five participants with relatively low-fiber diets were split into two groups.

One group met with a dietitian that recommended a psychobiotic diet, which included six to eight daily servings of fruits and vegetables high in prebiotic fibers, such as onions, leeks, cabbage, apples, bananas and oats; five to eight daily servings of grains; three to four servings of legumes per week; and two to three daily servings of fermented foods like sauerkraut, kefir and kombucha. The control group received only general dietary advice based on the healthy eating food pyramid.

The group following the psychobiotic diet reported feeling less stressed compared with those in the control group. Moreover, significant changes in the level of certain key chemicals produced by gut microbes were found in these participants. Some of these chemicals have been linked to improved mental health, which could explain why the participants reported feeling less stressed. The quality of sleep improved in both groups, but those on the psychobiotic diet reported greater sleep improvements.

Screening Children for Anxiety

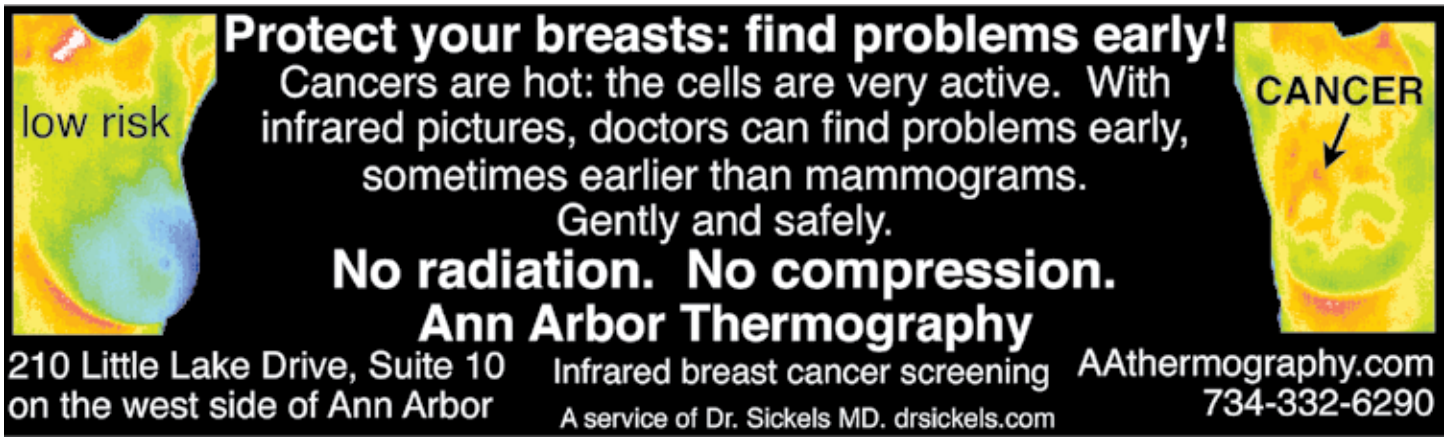
After a systematic review of 39 studies to evaluate the benefits and harms of screening for anxiety disorders in children and adolescents aged 8 to 18, the U.S. Preventive Services Task Force (USPSTF), a group of disease prevention and medical experts assembled by the U.S. Department of Health and Human Services, now recommends that primary care physicians perform such screenings, even if there are no signs or symptoms of anxiety.

A common mental health condition in the U.S., anxiety disorder involves excessive fear or worry that manifests as emotional and physical symptoms. In children and adolescents, it is associated with impaired functioning, educational underachievement and an increased likelihood of a future anxiety disorder or depression. The 2018-2019 National Survey of Children's Health found that 7.8 percent of children and adolescents aged 3 to 17 had a current anxiety disorder.

USPSTF recommended using screening questionnaires to identify children at risk, noting that studies show that children with anxiety benefit from treatments that may include cognitive behavioral therapy or psychotherapy. They also concluded that there is insufficient evidence to assess children 7 years old or younger.

Possible Links Between Veggie Diets and Depression

Plant-based diets have been associated with several health benefits, but not much is known about their effects on mental health. A new Brazilian study published in the *Journal of Affective Disorders* surveyed more than 14,000 people between the ages of 35 and 74 for a period of six months and found that those following a vegetarian diet were twice as likely to have a depressive episode than meat eaters, even when other lifestyle factors like smoking, alcohol consumption, physical activity and micronutrient intake were taken into account. The nature of this correlation between vegetarianism and depression is still unclear, and more research is needed.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Non-Invasive Treatment for Stress Reduction

Emotional Freedom Technique (EFT) tapping heals anxiety and calms the nervous system. Anxiety can develop for a multitude of reasons, such as physical or emotional abuse, neglect, being bullied, social isolation, parental anxiety, substance abuse, traumatic events or having a lack of loving support growing up. Many people in today's culture struggle with anxiety, making daily life difficult. It can also lead to other health problems such as high blood pressure, weight gain, weakened immunity, headaches and stomach problems.

EFT tapping has shown to greatly reduce anxiety in a single session. It calms and regulates the nervous system, allowing a person to think of an event or trigger without the physiologic stress response. According to Forbes, "While researchers aren't sure exactly how tapping moderates stress, they have observed a decrease in cortisol, the 'stress hormone', showing that a physiological change is occurring." This reduction in cortisol benefits overall health and creates a feeling of well-being.

A study done over a four-day training workshop using EFT showed significant reduction in participants anxiety, depression, PTSD, pain and cravings. According to a 2016 meta-analysis in the Journal of Nervous and Mental Disease, tapping significantly reduced anxiety amongst study participants with anxiety. Another study comparing EFT to cognitive behavioral therapy (CBT) Found 90 percent of those that received EFT had significant improvement in symptoms compared to 63 percent of those receiving CBT.

EFT tapping is also used for quitting bad habits, stopping cravings, losing weight and lessening symptoms of chronic illness. Working with a practitioner increases effectiveness and helps find the root of the issues.

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Earth Day Justice

Earth Day 2023: Justice in Focus, at 6:30 p.m., April 13, at Rackham Graduate School Auditorium, puts justice and Earth in the same conversation, removing the silos of environment, human social systems and political ecology. The University of Michigan, led by the Tishman Center for Social Justice and the Environment at the School for Environment and Sustainability, is hosting a critical dialogue with emerging and powerful leaders on the frontlines. Participants will have the opportunity to hear from local and national leaders on the inner workings of organizations, solutions and leadership that emerged through crises such as global pandemic, economic downturn with mass inflation and a crisis of racial inequality. We can only imagine more crises unfolding as climate change unfolds.

Speakers include Maria Lopez-Nunez, deputy director of advocacy and organizing for Ironbound Community Corporation; Anthony Rogers-Wright, director of environmental justice at New York Lawyers for the Public Interest; and Isaac Sevier, founder and co-director of People's Utility Commons.

Lopez-Nunez grew up in Bushwick, of Brooklyn, New York, and remembers being displaced multiple times by racism and violence, which sparked her commitment to fight extractive industries and end sacrifice zones once and for all. The Ironbound district of Newark, New Jersey where she resides, is predominantly Black and Latinx, and is one of the most toxic neighborhoods in the country. She currently serves on the White House Environmental Justice Advisory Council, on the board for Climate Justice Alliance and is the co-chair of the Grassroots Caucus for Building Equity and Alignment for Environmental Justice.

Rogers-Wright coordinates environmental justice strategy, litigation, organizing and advocacy initiatives. He was the policy coordinator and green new deal policy lead with the Climate Justice Alliance, where he assisted with developing and promulgating local, state and federal organizing and policy strategy for the Alliance and was selected as a Grist 50 Environmentalists You'll Be Talking About in 2016.

Sevier is an energy engineer and policy advocate who addresses interlocking issues of race, class and climate vulnerability in California, nationwide, and at the federal level. To support movement infrastructure that changes policy and politics, he has joined collective efforts to design and launch the Equitable Building Electrification Fund, the California Green New Deal coalition and the Red, Black & Green New Deal initiative.

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Getting to the Root of Chronic Anxiety with Emotional Complex Clearing

Muscle Testing 1. The result of a STRONG response. The arm stays up.

Muscle Testing 2. The result of a WEAK response. The arm goes down.

by Brad May, Ph.D.

We could certainly argue that anxiety is simply part of the normal human experience. For instance, we have a presentation at work and there's a lot at stake. It's understandable to be anxious. But about those people whose anxiety never goes away or who have always been anxious, the psychiatrist may well say, "You have a chemical imbalance."

We may say, "Well, my mother was anxious. It must be genetic."

Although genetics are important, they are not destiny. These days, there is an equal or greater emphasis on the emerging science of epigenetics—the lifestyle choices and experiences that tend to shape us. If it is indeed a chemical imbalance, it's important to know where it came from. It actually may come from the unresolved past.

Muscle testing, or Kinesiology, can be used to access the relevant past experiences that have led to the present anxiety. Muscle testing has been around for about 60 years, primarily used by chiropractors. Psychotherapists have largely shied away from it, perhaps because it involves simply touching the client.

Muscle testing involves pushing down on the client's outstretched arm while putting the other hand on their shoulder to steady them. The deltoid muscle will either hold strong, meaning the arm doesn't move much at all, or go weak, meaning the arm comes down. (There are numerous examples on YouTube.)

If the muscle test is preceded by a question, we can use this curious phenomenon to get information from that deeper part of the client—whether we call it the unconscious, the inner self, or the higher self. These answers seem to bypass conscious filters and access a deeper truth, so what is revealed is not what they think or what the practitioner thinks, but what is really so.

With Emotional Complex Clearing, a strong response means true and a weak response means false. This is sort of like an internal lie detector, except this procedure is always used with a willing participant, not a suspect.

We can thus use muscle testing to determine at what age(s) past trauma or problematic events occurred and then identify what the issues are. Used correctly, we can then generate a list of the past experiences that have caused or contributed to the present problem. This is the Target List.

For example, John complained of a constant tension in his chest, overwhelming anxiety, palpitations and frequent panic attacks. His Target List included:

From conception on, Mom and Dad fought constantly. John thought it was his fault.

John was a difficult breech birth. The (unconscious) decision he made was, "I'm not okay. I caused my mom pain."

At age 3, John felt left out when his baby sister was born and she got more attention. The (unconscious) decision he made was, "I don't matter."

At age 9, he and a friend engaged in mutual masturbation and oral sex. He felt ashamed and dirty as a result.

At age 17, he was sexually inappropriate with an underage girl and arrested. He felt guilty and humiliated.

At age 19, his father died. They were very close, and John suppressed his grief.

After using a clearing process over several sessions to resolve these issues, plus adding the support activity of letter-writing and group sharing, John said, "I don't have the anxiety now, and the pressure around my heart is gone. I feel much better and I'm more at ease with myself. My emotions were all messed up, and I held them inside for so long. Working with you, there was no BS. I couldn't lie. Now I feel like something came off my back."

For about two years, John called this therapist on a regular basis and reported no recurrence of his previous problems.

For more information, including a free Zoom introduction to Brad May, Ph.D., and an upcoming seminar in Ann Arbor, visit ecctherapy.com. See ad page 9.

A NEW DAWN ON THE FARM FRONT

Stepping Away From Industrialized Agriculture

by Sandra Yeyati

We all have to eat, and the food industry is big business, with wide-ranging implications across many arenas. Because agriculture is controlled by a handful of multinational corporations, the priority to maximize profits often conflicts with what is best for human and planetary health. In many ways, our food production and consumption practices are broken or on the brink of failure. They are inhumane, socially unjust, environmentally unsound and unsustainable.

Viable, achievable solutions to these immense challenges exist, and the emerging consensus is that regenerative organic agriculture is the key to preserving human health and helping solve the climate crisis. The COVID-19 pandemic uncovered weaknesses in the system, such as supply chain vulnerabilities, and altered human behavior as more people started cooking at home and exploring healthier lifestyle choices. The time is right to make positive changes to the way we grow, distribute and consume food.

The Problems With Our Current Industrial Farming Model

For decades, doctors, scientists, farmers and nonprofits at the forefront of the environmental movement have been sounding the alarm about the inherent weaknesses

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in the national food chain and the harmful effects of industrial agriculture. In his book *Food Fix: How to Save Our Health, Our Economy, Our Communities and Our Planet—One Bite at a Time*, Dr. Mark Hyman notes, "Food is the nexus of most of our world's health, economic, environmental, climate, social and even political crises. While this may seem like an exaggeration, it is not."

In the late 1800s, American farming began to transition from small, diverse operations that produced a variety of crops and livestock to feed a family or community to an industrialized system dominated by multinational corporations that focused on maximizing yields of just a few crops, primarily corn, soy and wheat. Today, these crops overwhelmingly end up as animal feed, biofuels and cheap, processed food ingredients—a staple of the standard American diet since the 1950s.

Industrial agriculture is now the dominant food production system in this country, characterized by large-scale monoculture, heavy use of chemical fertilizers and pesticides, and meat produced in confined animal feeding operations (CAFO). Most modest family farms have been forced to either get into business with a big company (contract farming) or go out of business. The Natural Resources Defense Council reports that 90 percent of the 9 billion chickens raised each year in the U.S. are grown under contract, and 57 percent of hogs are owned and slaughtered by just four companies. According to Rodale Institute, only 8 percent of farms produce more than four crops, while specialty crops like fruits, vegetables and nuts are grown on just 3 percent of cropland.

With industrial dominance comes numerous devastating consequences.

Human Health Costs

According to the Union of Concerned Scientists, industrially produced food is bad for us on several fronts. Heavy pesticide use is poisoning our food, fertilizer is polluting our drinking water, junk food made of corn and soybeans is degrading our health and the overuse of antibiotics in CAFOs is accelerating the development of antibiotic-resistant bacteria. Bioethicist Peter Singer advises, "Factory farms are breeding grounds for new viruses. We've had swine flu and avian flu coming out of factory farms. It's quite possible that the next pandemic will originate there."

Zach Bush, a triple board-certified physician and producer of the documentary *Farmer's Footprint,* says, "Over the last 25 years, we have seen the most profound explosion of chronic disease in human history. Research from around the globe now suggests that environmental factors are contributing to a combination of genetic, neurologic, autoimmune and metabolic injuries that underpin the collapse of health in our children and adults."

The U.S. Centers for Disease Control and Prevention report that chronic and mental health conditions account for 90 percent of the nation's $4.1 trillion in annual health care expenditures. Obesity affects 20 percent of children and 42 percent of adults. More than 850,000 Americans die of heart disease or stroke annually, and 37 million have diabetes. Each year, more than 1.7 million people are diagnosed with cancer, while 600,000 succumb to the disease.

"Most of those diseases are caused by our industrial diet, which means they are avoidable if we transform the food we grow, the food we produce and the food we eat. Eleven million people die every year from a bad diet," Hyman asserts.

Solutions Using Regenerative Organic Farming

Led by the Regenerative Organic Alliance, which includes organizations and brands like Rodale Institute, Dr. Bronner's and Patagonia, the Regenerative Organic Certified (ROC) standard helps consumers make informed choices about their food purchases. Its three pillars—soil health, animal welfare and social fairness—are designed to ameliorate the problems associated with conventional agriculture.

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Soil Health Equals Planetary and Human Health

Chemical-heavy farming practices employed by conventional agriculture deplete topsoil, draining it of all its organic matter—the very microbiome needed to nourish the plants we grow and ultimately nourish us. In 2014, Maria-Helena Semedo, of the United Nations Food and Agriculture Organization, said that if current farming practices continue, we have only 60 years of harvest left. The clock is ticking.

Farming techniques proposed by the ROC are designed to continually rebuild soil. They are proven by years of science done at Rodale Institute and practical results achieved by regenerative organic farmers already growing food this way. "On the farm that we operate here at the Institute, we know that Native Americans were farming this land 8,000 to 10,000 years ago. We'd like to be farming this land 8,000 to 10,000 years from now. We probably won't be using tractors or diesel fuel, but we will be using the soil," says Rodale Institute CEO Jeff Moyer.

Under ROC standards that include a variety of rotating crops, cover crops, no tillage, no synthetic inputs of any kind, no genetically modified seeds and staggered grazing by animals, farms become biodiverse ecosystems with organically rich soil that absorbs water, doesn't erode over time and produces safe, nutritious food. As J.I. Rodale said, "Healthy soil equals healthy food equals healthy people."

Healthy soil draws carbon from the atmosphere deep into the ground, and that is a boost for our fight against climate change. "Regenerative organic farming has a very positive impact on climate, because we're sequestering more carbon than we are emitting," Moyer explains. "Under its current production model, agriculture is part of the problem. If it's part of the problem, then it can and should be part of the solution. That's the whole premise behind the [ROC] standard itself—treating agriculture as one of the primary tools that we're going to use as a society to improve our relationship with the planet."

Animal Welfare Is the Right Thing to Do

Under the ROC model, animals must be raised in a humane way that frees them from discomfort, fear, distress, hunger, pain, injury and disease, while also being able to express normal behavior. To achieve these aims, they need to be taken out of CAFOs and reintegrated into farmland, so that they are pasture-raised and grass-fed, creating meat that is more nutritious and less diseased without chemical interventions.

"We're integrating animals onto the cropland, with livestock, chickens, sheep and hogs. Imagine what the Great Plains of the United States was 500 years ago. You had bison, elk, deer, rabbits, wolves and myriad different birds, because the birds always followed the migrating animals. We're trying to mimic that to a small degree on our ranch," says North Dakota farmer Gabe Brown, who started transitioning into regenerative organic practices in the mid-1990s and wrote an influential book on the subject, *Dirt to Soil: One Family's Journey into Regenerative Agriculture.*

Social Fairness and Farming Resilience

Taking care of the farmers and workers that plant, raise, harvest and transport our food is not just the right thing to do, it also creates a system that is more stable and resilient, says Graham Christensen, a Nebraska farmer and president of GC Resolve. "There are serious issues with how the big agricultural companies are treating workers. We saw horrible situations with COVID in the meatpacking plants and how the workers were being treated. This is just one of the many reasons that this over-centralized, monopolized system is affecting people in bad ways," he says. "Regenerative organic farming requires more hands-on work, which creates jobs. Structural changes in the food production system to decentralize agriculture in favor of regional markets comprised of smaller farms would allow for more equity and better management of the ecosystem."

Sandra Yeyati is national editor of Natural Awakenings *magazine.*

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The Earth as Muse

INSPIRATION MEETS CONSERVATION

by Marlaina Donato

Detail on Detroit's Deborah Hecht's "Something's Fishy"; Deborahhechtstudio.com/beach-trash

The Earth is both our mother and our muse, sustaining our lives and blessing us with beauty when we make time to notice her perpetual creative forces. She has long inspired expressive souls of all disciplines, but some of our modern innovators are merging talent with the urgent need to minimize toxic impact. This eco-vision has resulted in some awe-inspiring efforts.

In an awareness-based art installation he calls Ice Watch, Danish-Icelandic artist Olafur Eliasson collected 30 blocks of glacial ice found free-floating near Greenland and placed them in public settings across London where passersby could observe them melting.

Artists John Dahlsen and Rox De Luca spotlight the plastic waste catastrophe in their sculptures and paintings by using debris washed up on the shores of Australia's beaches. Their sculptural assemblages hang from ceilings and criss-cross walls, driving home the prediction by the World Economic Forum that by 2050 our precious oceans will be more crowded with plastic than marine life.

When creating our own art, we can join these stirring visionaries by minimizing toxic impacts.

Buy Earth-friendly art supplies for the kids. The common crayon contains chemicals like formaldehyde and asbestos, which are harmful to humans and the planet. Opt for biodegradable glitter, non-toxic modeling clays and recycled paper. For more sustainable supply ideas, visit *Tinyurl.com/EcoArtSupplies*.

Get creative with single-use trash items. Paper towel cardboard rolls, plastic shopping bags, bottles, straws and cutlery can be turned into fun projects for kids, teens and adults. Whimsical mobiles, sculptures and magical miniature cities are just a few ideas to conjure while contributing to Earth Day every day. For more ideas, visit *Tinyurl.com/SingleUseTrashToArt*.

Inspire environmentalism by choosing art implements that celebrate nature. Consider using alternatives to toxic solvents, pigments and varnishes. Look for sustainable brushes made from bamboo or corn and easels fashioned from eucalyptus wood.

Marlaina Donato is a visionary painter who hosts art exhibits for community healing. She is also an author and composer. Connect at WildflowerLady.com.

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Jeff Moyer: on Farming for Human and Planetary Health

by Sandra Yeyati

Why is conventional agriculture problematic?

Because it boils down the measurement of farming success to one word: yield. By focusing just on yield and sacrificing long-term resource stability to get it, we're chewing up topsoil at a national rate of five-and-a-half tons per acre of farmland per year for short-term economic benefit. You can only do that so long before you run out of topsoil. It doesn't make sense long-term.

What farming practices does Rodale Institute promote?

We're suggesting a different production model, based on science, that incorporates other metrics of success: soil health and long-term planetary and human health. As a side bar, let's say you're a smoker and you stop smoking—your lungs will regenerate. The same is true with soil. If we change production practices, the soil will regenerate.

Under our Regenerative Organic Certified standard, we want well-thought-out crop rotations to get more biodiversity into the system, cover crops and reduced tillage to get more earthworms, and a reintegration of livestock into farms. I'm not going to argue whether people should be eating animals, but if you are going to have animals in the system, they should be raised on farms with grass, not feed lots with grain.

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Why is soil health such a priority?

Healthy soil is more biologically active and has a positive impact on climate because it doesn't just sequester more carbon, it sequesters it at greater depths. We want carbon to last in the soil for a very long period of time. We don't want it to be short-cycled in and out of the system, and we want to sequester it at greater depths where we can control it and maintain it for hundreds of years. Ideally, we'll get it deeper and deeper in the soil over time.

Can regenerative organic agriculture affordably feed the world?

Affordability is a strange term. Can we produce all the food we need at a reasonable cost? Absolutely. The problem with the conventional model is that we don't pay the true cost of food production at the point of purchase. As an example, when we have to dredge the Mississippi River because of all the soil that's washing into it from agricultural lands, you don't pay that bill at the supermarket or restaurant. You pay it as a hidden cost, buried in our tax structure.

In an organic system, you're paying the true cost of the production of that food at the point of purchase, which makes more sense. And if you add the cost of human health—diabetes, heart disease—all the things that our current food production and food consumption model embodies, then the system we have now is outrageously expensive, and regenerative organic food is cheaper than conventional food.

"If we change production practices, the soil will regenerate."

Can regenerative organic agriculture produce the amount of food needed worldwide?

Yes. In most parts of the world, we use agricultural lands to produce all kinds of commodity products that aren't food. Forty percent of the corn we produce in the U.S. goes to ethanol production and another 40 percent goes to livestock feed. The ink in your pen was made with soybean oil. If we decided to produce the most amount of food on an acre or hectare of land, we can produce way more food than we need.

What we're saying is that conventional agriculture cannot feed the world long-term. In the short-term, we're producing a lot of cheap food, but our current production model is doomed to failure over time because we're going to run out of healthy soil to farm.

Are you hopeful about the future of agriculture?

Very hopeful. The USDA says that most organic farms are more profitable and expanding at a more rapid rate than their conventional counterparts, and that's because we have a growing population of support in the marketplace. People are beginning to pay attention to how their food is produced, asking the right questions and recognizing that they have a vote with their food purchasing dollars. We're seeing the concept of regenerative organic enter into the daily conversation, just like we did a few years ago with organic. People didn't know what organic meant at first. Recent USDA statistics suggest that roughly 80 percent of the nation's population has eaten something organic in the last 30 days, so people are seeking out organic, and we're going to follow the same course with regenerative organic.

Sandra Yeyati is national editor of Natural Awakenings *magazine.*

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Sustainable Eating

TIPS TO SHRINK YOUR FOODPRINT

by Ana Reisdorf, MS, RD

Knowing which foods have the least environmental impact is not always easy. Organic blueberries are considered Earth-protective because no pesticides were used to grow them, but if they were shipped from California to a Florida grocery store, the transportation represents a steep carbon footprint. And if we waited too long to eat those blueberries and had to throw them away, all of the resources spent on producing those fruits were wasted.

To get a fuller picture of our food-related environmental impacts, we need to take into consideration the many variables associated with the production, transportation and consumption of food, and that's where the "foodprint" comes in—a barometer of eco-friendliness. There are many ways to calculate a foodprint; *EarthDay.org/foodprints-calculators* lists a few automated calculators and food quizzes that can help. Here are noteworthy examples:

- ***EatLowCarbon.org*** compares the carbon emissions associated with different meals—ranging from bean soup (lowest CO_2 emissions) to a Philly cheesesteak (highest).
- ***FoodPrint.org*** offers a questionnaire about a person's food choices and follows up with tips to reduce their foodprint.
- ***FoodEmissions.com*** calculates the foodprint of specific foods like dairy or seafood by asking about the origination and destination of the food to determine transportation emissions, and by asking the consumer to self-report their percentage of waste to calculate the loss of natural resources.

How to Reduce Our Foodprint

BUY RESPONSIBLY PRODUCED FOOD

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production systems. A list of third-party certifications that can help identify responsibly manufactured foodstuffs can be found at *Foodprint.org/eating-sustainably/food-label-guide*.

BUY LOCAL AND IN SEASON

Lisa Andrews, MEd, RD, owner of Sound Bites Nutrition, encourages her clients to eat local, seasonal produce. "[It] spares the environment, as it doesn't need to be flown across the country, reducing fuel costs," she explains, adding that local produce is generally more nutritious and cost effective.

STORE FOOD CORRECTLY

According to the U.S. Department of Agriculture (USDA), 30 to 40 percent of the available food supply is wasted. While there are many reasons for food loss at all stages of production and delivery, consumers can have a major impact in reducing how much food is wasted.

The U.S. Environmental Protection Agency provides advice for properly storing foods in the refrigerator: leafy veggies go in the high-humidity drawer, while most fruits should be placed in the low-humidity bin. Some fruits like apples and avocados release ethylene gas and can cause nearby produce to spoil, so they should be stored separately. Wash berries just before eating them to prevent mold. Store potatoes, onion and garlic in a cool, dry, dark and well-ventilated place. Freeze bread, meat or leftovers that won't be eaten before they spoil.

CONSUME SUSTAINABLE FOODS

According to Registered Dietitian Lauren Panoff, one way that consumers can benefit the environment is by transitioning to a more plant-predominant lifestyle. "Plant foods utilize far fewer natural resources than industrial animal agriculture, which is also one of the largest emitters of greenhouse gases and drivers of Amazon deforestation," Panoff explains.

Patricia Kolesa, MS, RDN, founder of the Dietitian Dish, notes, "Plant-based proteins tend to be more affordable and can be stored longer than your animal proteins, helping reduce food waste."

Nutritics, a food information company, offers a list of the highest-ranking foods when it comes to sustainability, considering inputs like water usage, carbon emissions or capture, land usage and nitrogen storage capabilities. Their list includes mussels, beans, lentils, peas and other legumes, mushrooms, seaweed, cereals and grains, and organic fruits and vegetables.

RESPONSIBLY DISPOSE OF OR SHARE UNEATEN FOOD

Perfectly fresh food that the family has decided not to eat can be donated to people in need. Visit *FoodPantries.org* to find a nearby soup kitchen or food bank. Compost scraps and spoiled items to divert them from landfills. For composting instructions by the USDA, visit *Tinyurl.com/USDAcompost*

Ana Reisdorf is a registered dietitian and freelance writer with more than 15 years of experience in the fields of nutrition and dietetics.

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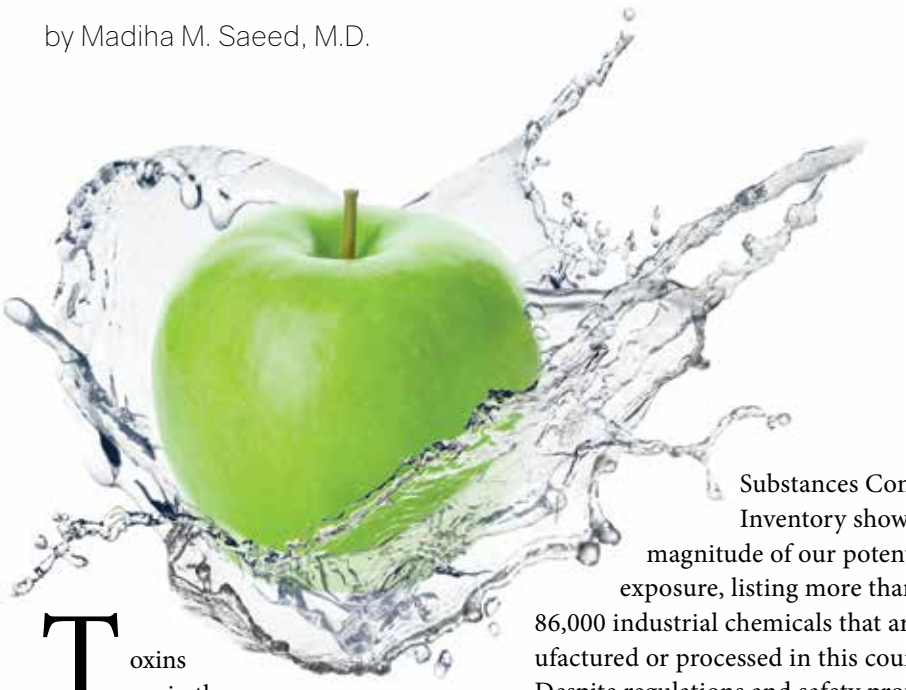
Toxic Overload

How to Clean Our Water, Food and Indoor Air

by Madiha M. Saeed, M.D.



Toxins are in the water we drink, the food we eat and the air we breathe. The U.S. Environmental Protection Agency (EPA) Chemical Substances Control Inventory shows the magnitude of our potential exposure, listing more than 86,000 industrial chemicals that are manufactured or processed in this country. Despite regulations and safety protocols, a number of these dangerous compounds run off into waterways or are released into the atmosphere. Food manufacturers use some of them to preserve or beautify their products.

"We live in an increasingly toxic world, and the best defense against becoming overwhelmed by toxins is limiting what we take in as much as possible," emphasizes Paul Anderson, an integrative and naturopathic clinician and co-author of *Outside the Box Cancer Therapies*. While our bodies are not designed to handle the accumulation of industrial chemicals, pesticides, pharmaceuticals and radiation that seep into our personal space, we can take measures to reduce the assault and protect our health.

Filter Drinking Water

"For the health-conscious individual, toxins in the water is the top threat often overlooked or inadequately addressed," says Rajka Milanovic Galbraith, an Illinois-based functional medicine practitioner, noting that drinking water is packed with chemicals like per- and polyfluorinated alkyl substances (also known as forever chemicals), solvents, pesticides, metals, bleach and radiological contaminants such as uranium and cesium. These substances can cause cancer, reproductive health concerns, and kidney and liver problems.

"I have treated hundreds of patients who have restored their health and are already eating and living clean by properly filtering their water, but sometimes, even when using a very expensive water filtration system,

people will still find high levels of contaminants like MTBE [methyl tertiary-butyl ether], an additive in unleaded gasoline that is banned in several states," Galbraith says. "Reverse osmosis typically filters most hazardous chemicals from your water, but they can be pricier. An inexpensive alternative are the filters from Clearly Filtered, which reportedly remove 99 percent of MTBE, among many other chemicals."

"Everyone should try to filter their water with any means available, from a carbon block pitcher to the most aggressive method using a reverse osmosis water filter under their sink. Given the state of municipal—and well—water and the amount we need to clean our bodies and brains every day over a lifetime, we need to get this right," advises Aly Cohen, M.D., an integrative rheumatologist, founder of The Smart Human and co-author of *Non-Toxic: Guide to Living Healthy in a Chemical World*.

Read Food Labels

"For the individual newer on their health journey, I would say food additives are the 'hidden' environmental exposure that is a serious cause for concern, contributing to autoimmune diseases and from a metabolic standpoint, think weight gain, obesity, pre-diabetes and diabetes," Galbraith says. "These additives are used to increase palatability, shelf life and texture and can include some you may have heard of, like sucralose, citrate and carrageenan, and others you may not have, like carboxymethylcellulose and polysorbate-80. Carrageenan is common in many nondairy milk alternatives that have made their way into coffee shops."

According to Galbraith, the most effective way to steer clear of food additives is to avoid or greatly minimize the consumption of highly processed foods. She recommends eating whole foods, especially for those dealing with chronic health issues or experiencing signs or symptoms of an ailment. She also encourages people to read food labels and avoid products with artificial colors, carrageenan, butylated hydroxytoluene (BHT), monosodium glutamate (MSG), nitrates and nitrites, polysorbate 80, propyl gallate, propylparaben, methylparaben, sodium benzoate, potassium benzoate, tert-Butylhydroquinone (TBHQ) and titanium dioxide.

"You are what you eat!" Cohen exclaims. "Eating clean food, without synthetic chemicals that break down the protective microbiome of the gut, is critical to the health of our immune system and our mental health, so we should try to eat whole, unprocessed foods that are USDA [U.S. Department of Agriculture] Certified Organic whenever possible."

"Start by removing air fresheners, perfumes, bug sprays, and scented cleaning and laundry products."

Improve Indoor Air

According to the EPA, "Americans, on average, spend approximately 90 percent of their time indoors, where the concentrations of some pollutants are often two to five times higher than typical outdoor concentrations." The Environmental Working Group offers a comprehensive blueprint at *ewg.org/healthyhomeguide* that identifies dangerous chemicals found indoors (from lead, asbestos and flame retardants to volatile organic compounds, antimicrobial agents and radon) and recommends actions to clean up our sanctuaries.

"We can lower our toxic burden by decreasing the chemicals in the air that we breathe, and that begins by reducing the junk we bring into our homes," Cohen remarks. "Start by removing air fresheners, perfumes, bug sprays, scented cleaning and laundry products, and by opening the windows daily, adding lots of plants and possibly adding an air filter for those who live in cities and areas with poor air quality."

Madiha Saeed is a holistic, functional and integrative doctor in Naperville, Illinois, and director of education for Documenting Hope and KnoWEwell.

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OUTDOOR SAFETY FOR PETS

Helpful Tips to Navigate Hazards

Choose non-chemical lawn management methods that are safe for pets, like neem oil or diatomaceous earth.

by Paige Cerulli

With nicer spring weather, pets will likely spend more time outside. Whether lounging in the backyard, taking a walk around the neighborhood or venturing out to a dog park, our awareness of potential dangers is important. Despite the risks, there is no reason to keep pets cooped up. With diligence, protecting our furry best friends can become second nature as we safely enjoy the great outdoors together with our pets.

Home and Yard

A fenced yard might seem like a safe space for pets, but that is not always the case. "Pesticides, herbicides and fertilizers are just a few of the toxic substances that could be in a pet owner's yard," explains veterinarian Alex Schechter, of Burrwood Veterinary, in Royal Oak, Michigan. "These substances can harm dogs and cats if they are consumed or come into contact with a pet's skin."

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A 2013 study published in *Environmental Research* found that dogs exposed to professionally applied lawn care pesticides had a 70 percent higher risk of developing canine malignant lymphoma than dogs that were not exposed to these products.

Schechter recommends that pet owners choose non-chemical lawn management methods that are safe for pets, like neem oil or diatomaceous earth. "Reduce the use of chemicals by using organic farming practices or natural fertilizers," he says.

Veterinarian Dwight Alleyne, an advisor at Betterpet, cautions that a yard might be home to plants that are poisonous to pets. "Some of these plants could include lilies, sago palms, tulips and oleander," he advises. "It is important for pet owners who have a backyard to be able to identify any potential hazards before leaving their pet out unattended."

Neighbors' Yards

According to the U.S. Environmental Protection Agency, mouse or rat poison is a popular pest control choice that kills by causing excessive bleeding. Use of this product can be extremely dangerous to pets if they ingest either a poisoned rodent or the poison itself. Schechter warns, "If you see bait stations or dead rats, those areas may have been treated with a rodenticide." He advises pet owners to have a conversation with their neighbors, suggesting the use of snap or electronic traps as more humane and less toxic alternatives.

Driveways

Coal tar sealants used on driveways contain polycyclic aromatic hydrocarbons (PAH) that, according to the U.S. Centers for Disease Control and Prevention, may pass through skin or be inhaled. In large amounts, PAHs can irritate eyes and breathing, and several PAHs are carcinogenic in humans. Avoid sealing driveways with any coal tar products. When out for walks, pet owners should keep their dogs off other driveways, as well.

Outdoor Excursions

Dog parks carry several risks, including exposure to intestinal parasites. A 2020 study found that 85 percent of the 288 dog parks sampled had at least one dog infected with gastrointestinal parasites like Giardia, hookworms, whipworms or roundworms. These parasites can be transmitted when dogs eat or sniff poop.

"It is recommended that your dog is on a monthly heartworm preventative, which can help protect against common parasites that they may encounter," says Alleyne. If a dog regularly visits dog parks, a vet can perform a fecal exam to identify and treat any intestinal parasites that the dog may have contracted.

When visiting ponds and lakes, beware of blue-green algae bacteria, which commonly proliferate in freshwater bodies, particularly during summer months. Dogs can ingest algae by playing in or drinking the water, or when licking their paws. In large quantities, algae can be toxic to dogs (and humans). Because algae are not always visible, keeping dogs leashed around bodies of fresh water is best.

Paige Cerulli is a freelance writer in Western Massachusetts specializing in the health and care of pets.

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Thyroid medication: why less really is more

by Dr. Raquel Espinol

Introduction

The thyroid gland regulates metabolism by releasing hormones called thyroxine (T4) and triiodothyronine (T3). When the thyroid underperforms, it causes everything in your body to work less efficiently. This is known as hypothyroidism. Hypothyroidism affects more than 30 million American adults and is five to eight times more common in females.[1] By conservative estimates, one in eight women will develop hypothyroidism.[1]

The most common cause of hypothyroidism is an autoimmune disease called Hashimoto's thyroiditis. This makes up 75-85% of hypothyroid cases. Oftentimes, people with Hashimoto's struggle to find a medication or treatment plan that works for them and continue to suffer through symptoms like:

- Fatigue
- Feeling cold
- Losing hair
- Gaining weight
- Depression

While there are many treatment options for hypothyroidism, not all are created equal. **Selecting the most appropriate one is vital to managing this disease.**

Thyroid hormones: T3 and T4

The two hormones to remember are T4 (thyroxine) and T3 (triiodothyronine). T4 circulates throughout your bloodstream and is stored in your tissues until needed. Once your body finds a need, it converts T4 into T3. Establishing the exact levels of T4 and T3, and determining if the conversion process is working normally, are critical to designing the best treatment approach.

While most healthcare providers understand the critical nature of T4 to T3 conversion, many fail to recognize the factors that affect this process. These include:

- Nutritional deficiencies/excesses
- Autoimmune diseases
- Gastrointestinal diseases such as celiac disease, acid reflux, or irritable bowel syndrome
- Use of interfering medications like proton pump inhibitors (Nexium® and Prevacid®, for example) or H2 blockers (Tagamet®, for example), which inhibit the dissolution and absorption of thyroid hormone tablets
- The body's own obstacles to converting T4 to T3

Some people continue to suffer from hypothyroid symptoms despite being on medication for years. But with some effort, **patients can work with their doctor to find an approach that works for them.**

What can interfere with hypothyroid therapy?

Some commonly used prescription drugs that can interfere with thyroid medication absorption and efficacy:

- Antacids
- Lithium
- Amiodarone
- Antibiotics
- Antidepressants
- Dopamine agonists
- Colestipol
- Cholestyramine
- Estrogen, testosterone

Some commonly used nutraceuticals that can interfere with the absorption of thyroid medicines:

- Iron
- Calcium
- Magnesium
- Chromium picolinate

Some foods that can interfere with absorption of medication:

- Soy products
- High-fiber/high-bran foods
- Calcium-enriched foods/beverages

Digestive complications or diseases such as celiac disease, autoimmune gastritis, and irritable bowel syndrome can also complicate thyroid hormone therapy.

Make sure to discuss with your doctor all of your medical conditions, medications (both prescription and nonprescription), and nutritional supplements before starting or switching thyroid hormone therapy.

Dr. Raquel Espinol graduated with honors and received her doctorate in naturopathic medicine from Sonoran University of Health Sciences (formerly Southwest College of Naturopathic Medicine). She struggled with her own thyroid condition, which was not successfully managed until she discovered naturopathic medicine and worked with a naturopathic doctor to control her condition. This firsthand success inspired her to pursue a career in naturopathic medicine specializing in thyroid diseases.

Dr. Espinol works with men and women addressing thyroid conditions, hormone imbalances, and weight loss. She is licensed to practice in Arizona, California, Oregon, Washington, Utah, and Montana.

Common choices for treating hypothyroidism

The most common treatments for hypothyroidism include T4 monotherapy with levothyroxine, natural desiccated thyroid (NDT) aka "glandular thyroid," and a regimen of T4 and T3 medications taken together. Figuring out the best option for you may take some time. See the accompanying chart for pros/cons of commonly used hypothyroidism therapies.

T4 monotherapy

Pros:

- Current standard of care for hypothyroidism
- Proven safe and effective
- Available at all pharmacies
- Usually low cost

Cons:

- GI conditions, medications, sensitivities to excipients/inactive ingredients in tablet formulations can interfere with absorption and tolerability

Natural desiccated thyroid (NDT)

Pros:

- Contains both key thyroid hormones: T4 and T3
- An option for people who need supplemental T3

Cons:

- Derived from thyroid glands of pigs – an issue for vegans
- NDT therapies are tablets that contain excipients or "fillers"
- The T4:T3 ratio contained in NDT tablets is 5:1 – different than the normal human ratio of these hormones
- Can lead to cardiac problems like rapid heartbeat, insomnia, and feelings of anxiety
- It comes from pigs and may contain porcine antigens, which may be problematic for some people
- Not all pharmacies carry NDT products. Not all insurance carriers pay for them

Combined T4 and T3 medication therapy

Pros:

- Consistent potency
- Can be an option for those in need of supplemental T3
- Available at most pharmacies

Cons:

- Two separate medicines that need to be taken daily. T4 is taken once a day; T3 may be recommended in multiple daily doses
- Some insurance plans may require two medication copays
- T3 can be risky for some patients with cardiovascular conditions. Some patients can experience heart palpitations and other side effects

References: 1. American Thyroid Association Website. https://www.thyroid.org/media-main/press-room/. Accessed December 8, 2022. 2. McMillan M, et al. Results of the CONTROL Surveillance Project. *Drugs in R&D*. 2015;16(1):53-68.

PM-01-22-0089

Malabsorption and drug underperformance

Most thyroid hormone therapies come in tablet form. These contain inactive ingredients such as wheat starch (gluten), talc, lactose, sugars, and dyes that help hold the tablet together, but also can impede the absorption of their active ingredient, which results in suboptimal or inconsistent levels of thyroid hormones. When this happens, many patients often believe they need to change medication rather than address the factors that contribute to their therapy's poor performance. They turn to their physician for new therapies in the hope that these can provide long hoped-for relief from their symptoms.[2]

Nutritional support

Nutrition can play a role in managing hypothyroidism. However, few patients can treat hypothyroidism with nutritional supplements alone. Some examples of helpful nutritional supplements include inositol, nigella, B vitamins, and selenium. However, excess amounts of certain nutritional supplements can also lead to hyperthyroidism or hypothyroidism. Always tell your physician about all drugs and supplements that you are currently taking as well as your soy, fiber, and non-animal product intake.

Thyroid treatment: sometimes less is more

Less is often more when it comes to hypothyroid treatment. Tirosint®-SOL (levothyroxine sodium) oral solution is a unique liquid hypothyroid medication made with only three ingredients. It contains no fillers or other ingredients that can irritate your stomach or lead to poor drug absorption. Because it's a liquid, it doesn't need to dissolve in your stomach like a tablet or capsule before your body starts to absorb it. It's not made with any ingredients sourced from animals, and it's easy to swallow and comes in precise monodose ampules that can be conveniently stored for travel. You can pour it into a glass of water and drink it, or you can squeeze the contents of the ampule directly into your mouth.

Since Tirosint-SOL consists of just water, glycerol, and levothyroxine, it's a very simple yet effective solution for treating hypothyroidism. This is important to me. Additionally, I want to ensure my patients have consistent access to the thyroid medication that works best for them. That being said, Tirosint-SOL has a generous coupon program and low-cost mail-order option to help patients without insurance or with high insurance copays/deductibles. These can be found on the product's website.

So, which treatment is right for you?

Share your answers to the following with your physicians so they can work with you to pick the right option for you:

- Have you been treated for hypothyroidism and are dissatisfied with the results?
- Do you want a simpler approach?
- Do you need a drug that is free of excipients like gluten, dyes, lactose, and preservatives?
- Do you have gastroesophageal reflux disease (GERD) or another GI condition?
- Problems swallowing?

Please see Important Safety Information on the following page or toward the back of this issue, and Full Prescribing Information at TirosintSOL.com.

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IMPORTANT SAFETY INFORMATION

WARNING: NOT FOR THE TREATMENT OF OBESITY OR FOR WEIGHT LOSS

- Thyroid hormones, including TIROSINT-SOL, either alone or with other therapeutic agents, should not be used for the treatment of obesity or for weight loss.
- In euthyroid patients, doses within the range of daily hormonal requirements are ineffective for weight reduction.
- Larger doses may produce serious or even life-threatening manifestations of toxicity, particularly when given in association with sympathomimetic amines such as those used for their anorectic effects.

Contraindications

- Hypersensitivity to glycerol
- Uncorrected adrenal insufficiency

Warnings and Precautions

- *Cardiac adverse reactions in the elderly and in patients with underlying cardiovascular disease:* Initiate TIROSINT-SOL at less than the full replacement dose because of the increased risk of cardiac adverse reactions, including atrial fibrillation
- *Myxedema coma:* Do not use oral thyroid hormone drug products to treat myxedema coma
- *Acute adrenal crisis in patients with concomitant adrenal insufficiency:* Treat with replacement glucocorticoids prior to initiation of TIROSINT-SOL treatment
- *Prevention of hyperthyroidism or incomplete treatment of hypothyroidism:* Proper dose titration and careful monitoring is critical to prevent the persistence of hypothyroidism or the development of hyperthyroidism
- *Worsening of diabetic control:* Therapy in patients with diabetes mellitus may worsen glycemic control and result in increased antidiabetic agent or insulin requirements. Carefully monitor glycemic control after starting, changing, or discontinuing thyroid hormone therapy
- *Decreased bone mineral density associated with thyroid hormone over-replacement:* Over-replacement can increase bone reabsorption and decrease bone mineral density. Give the lowest effective dose

Limitations of Use

- Not indicated for suppression of benign thyroid nodules and nontoxic diffuse goiter in iodine-sufficient patients
- Not indicated for treatment of transient hypothyroidism during the recovery phase of subacute thyroiditis

Adverse Reactions

Adverse reactions associated with TIROSINT-SOL are primarily those of hyperthyroidism due to therapeutic overdosage including: arrhythmias, myocardial infarction, dyspnea, muscle spasm, headache, nervousness, irritability, insomnia, tremors, muscle weakness, increased appetite, weight loss, diarrhea, heat intolerance, menstrual irregularities, and skin rash

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SATURDAY, APRIL 1

Michigan State African Violet Society Sale – 10am-3pm. African Violets, other Gesneriads, and supplies for sale. Free Leaf Propagation Class at 11 am. Payments are cash or check only. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

SUNDAY, APRIL 2

Bailen – 7:30pm. A new family group from New York makes its Ark and album debut. $20. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, APRIL 6

SLAM! A Late-Night Party at UMMA – 6-10pm. Features live music, numerous art-making activities, a photo booth, snacks and lots of fun. UMMA, 525 S State St, Ann Arbor. UMMA.UMich.edu.

Virtual Easter-Themed Cooking Demo – 7-8pm. Luna and Nate are professional chefs who run the vegan food blog Cooking Up Vegan. They will be demoing their vegan deviled eggs and vegan lox. Register: VegMichigan.org.

FRIDAY, APRIL 7

FoolMoon – 7-10pm. The skyline will be filled with luminaries, interactive installations, laser shows, live dance performances, and oh so many more de-LIGHT-fool surprises. Downtown Ann Arbor. Assembli.us.

SATURDAY, APRIL 8

Spring Eggstravaganza – 10am-12pm. Hunt for eggs in the woods and fields by following clues and solving riddles. Meet unique wildlife up close, visit the Critter House, play games, make crafts and more. $7/person. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. Pre-registration encouraged: DiscoverScienceAndNature.org.

TUESDAY, APRIL 11

Sunrise Nature Hike – 8:30-10am. Join naturalist Elle Bogle for a morning hike and discover the hidden beauty of Koenn Preserve. 2200 Hayes Rd, Chelsea .Pre-registration required: BogleE@Washtenaw.org.

THURSDAY, APRIL 13

Earth Day 2023: Justice in Focus – 6:30pm. An opportunity to hear from local and national leaders on the inner workings of organizations, solutions, and leadership that emerged through the pandemic. Rackham Graduate School Auditorium, 915 E University St, Ann Arbor. TishmanCenter@umich.edu. Tinyurl.com/cshmx6c5.

UofM Jazz Showcase – 8pm. Featuring Randy Brecker. U-M jazz students and professors welcome a monster special guest. $15, $5students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

SATURDAY, APRIL 15

Birds and Bugs – 10am-12pm. Take a hike to learn why so many birds love Matthaei and what they are looking for when they visit, learn what native plants you might grow to attract birds and make a simple bird feeder to attract birds to your yard. $8. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Earth Day Nature Connection at Meri Lou – 1-4pm. Help remove invasive plants like garlic mustard. Led by Jonathan Parker. Nelson Meade County Farm Park, 2230 Platt Rd, Ann Arbor. Register: Washtenaw.org.

SUNDAY, APRIL 16

Big House 5K Race – 8am. 10th anniversary. Registration is $48 plus $3.28 fee. Donations welcome. Michigan Stadium. To register: RunSignup.com/Race/MI/AnnArbor/BigHouse5K.

Earth Day Ypsilanti 4 – 12-5pm. Theme: Building a Sustainable Community. Talk with the presenters, elected officials and others that will be adding their knowledge, practices and passion to the mission of the day and of our lives. Ypsilanti Freight House, 100 Market Pl, Ypsilanti. CityOfYpsilanti.com/642/Sustainability-Commission.

WEDNESDAY, APRIL 19

Just Between Friends Spring Consignment Sale – Apr 19-23. A huge pop-up sale of gently used or new baby and children's items. Expect to save 50-90% percent off retail. Admission free. Washtenaw Farm Council Grounds, 5055 Ann Arbor-Saline Rd, Ann Arbor. 734-649-5353, SarahGarot@jbfsale.com or AnnArbor.jbfsale.com.

THURSDAY, APRIL 20

LifeChoices Dine and Discover – 9:30am. LifeChoices offers you peace of mind and a plan for your future long-term care needs while providing financial protection so you can continue living your life on your own terms! Enjoy breakfast on us at Alpha Koney Island, while you learn about our program. Free. Alpha Koney Island, 4389 Jackson Rd, Ann Arbor. Register: ehmss.org/events.

Ikebana: Japanese Flower Arranging – 1-2:30pm. Presented by Ann Arbor Ikebana Intl Chapter. Create your own seasonal Ikebana arrangement with guidance by a certified instructor. $20. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. Reservations required: A2Ikebana@gmail.com. mbgna.umich.edu.

New Moon Hike & Campfire – 7:30-9pm. Learn about the surprising diversity of nocturnal creatures that call County Farm Park home. Led by Naturalist Shawn Severance. Nelson Meade County Farm Park, 2230 Platt Rd, Ann Arbor. Register: Washtenaw.org.

FRIDAY, APRIL 21

New Moon Night Hike – 7-8:30pm. Will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette and visit some nocturnal animals to learn about how they survive. $5/person. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

SATURDAY, APRIL 22

Electronics Recycling: Ypsilanti District Library, Whittaker – 10am-4pm. Celebrate Earth Day by recycling your unwanted computers, printers and other household electronics. Check website for the list of acceptable and non-acceptable items. Free. 5577 Whittaker Rd, Ypsilanti. Tinyurl.com/YpsiApr23.

MARK YOUR CALENDAR

SATURDAY, APRIL 22

Health Yourself DIY-Wellness Fair – 10am-4pm. Will address ways to live life to the fullest at every age and every stage of life with healthy products, demonstrations, health displays and a prize drawing. Admission free. Even Hotel, 600 Briarwood Cir, Ann Arbor. 734-478-4263. DIY-Wellness.info.

Celebrate Earth Day with Joe Reilly and Friends – 11am. A family Earth Day show. $15, $10/12 & under. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

Mothering Earth: A Poetry Gathering – 1-3pm. Teens can join local poets, Desirae Simmons and Leslie McGraw as they do a poetry reading revolving around Earth Day. Free. Ypsilanti District Library, 229 W Michigan Ave, Ypsilanti. Tinyurl.com/YpsiPoetry.

Midwest Literary Walk – 1-5pm. Reading events take place at a range of venues in downtown Chelsea. The readings are intimate, giving attendees a chance to interact with the authors. Books available for purchase and signing. More info: Midwest LiteraryWalk.org.

TUESDAY, APRIL 25

Virtual Education Series – 7:30-9pm. Recovery is Good Business with Ross Zini. . Free. Via Zoom. For link: DawnFarm.org.

Artist Spotlight: Session Americana – 8pm. A New England Americana supergroup. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

FRIDAY, APRIL 28

Fireside Fun – 5:30-7pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

SATURDAY, APRIL 29

River Roundup – 9am-5pm. Meet your team onsite at the first of 2 sampling locations. At each site, search through stones, leaves and sediment to find bugs in their natural habitat. Each team includes an experienced volunteer who has been trained in sample collection. Only trained volunteers go in the water to collect the samples. The NEW Center, Ann Arbor, 1100 N Main St, Ste 210, Ann Arbor. 734-769-5123. Registration required: hrwc.org/volunteer/roundup.

GROW
YOUR BUSINESS
Secure your growing space!
Contact us today.
734-757-7929
natural awakenings

calendar of events

Yoga with Reflexology for Insomnia/Restful Sleep – 1-2:30pm. Explore the healing possibilities of combining yoga with reflexology. With Crysterra Wellness. $40. Verapose Yoga & Meditation House, 3173 Baker Rd, Dexter. 734-649-1849. CrysterraWellness.com.

Spring Mindfulness Hike – 2-3:30pm. Slow-paced mindful movement through nature with naturalist Elle Bogle and mindfulness instructor Julie Woodward. DeVine Preserve, 6110 W Liberty Rd, Ann Arbor. Registration required: Washtenaw.org.

PLAN AHEAD

MONDAY, MAY 1

Introduction to Tai Chi – May 1-15. 6-7pm. For college students. Free. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. PeacefulDragonSchool.com.

Basic Qigong for Self-Care – May 1-15. 7:15-8:15pm. For healthcare professionals. Free. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. PeacefulDragonSchool.com.

FRIDAY, MAY 19

Ann Arbor Senior Expo – 10am-1pm. Features free health screenings, refreshments, prizes, giveaways and great information. Admission free. Briarwood Mall, 100 Briarwood Cir, Ann Arbor. Tickets: SeniorExpoUSA.com/2023-ann-arbor-attendee.

MARK YOUR CALENDAR

WEDNESDAY, MAY 24

Free Introduction: Emotional Complex Clearing – 7:30pm. Brad May, PhD, uses Emotional Complex Clearing to get accurate information from the subconscious. Often the problems that seem to be in the present are rooted in the past. In-person seminar June 23-25 ($345 by Mar 25; $375 after). For more info & registration: ecctherapy.com.

ongoing events

daily

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: CastleRemedies.podia.com.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. tcdesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

weekly

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

sundays

Bach Flower Remedies Level 1 LiveWeb – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Reiki Sessions at Evenstar's Chalice – 2-4pm. 1st & 3rd Sun. Feel the stress fall away as you experience the healing and restorative power of reiki. Choose a 20- or 40-min session. $1/minute. Evenstar's Chalice, 36 N Huron St, Ypsilanti. 734-905-7980. EvenstarsChalice.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

Sound Healing Concert – 7-9pm. Rare, therapeutic chakra-tuned crystal bowls played with recorded soundscape music while reiki is sent to the audience. $20/at door. 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

mondays

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Soul Power Mystic Arts – 5pm. 2nd Mon & Wed. Reclaim the real you, hear your evolutionary calling, and cultivate the nature mystic within through four retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies, and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

tuesdays

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

wednesdays

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

thursdays

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Meditation Class – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. $10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

saturdays

Certified Hypnotherapists Education and Networking Meeting –9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. $35/class. Child birth-Classes.com.

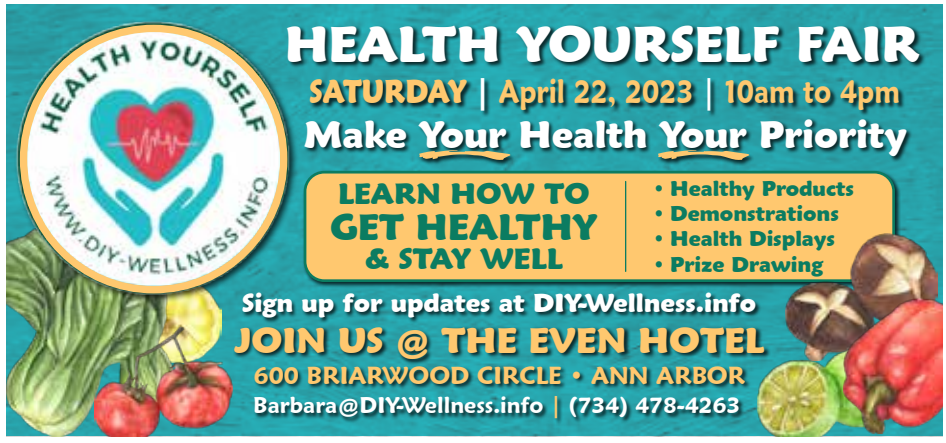
Drum and Dance Jam – 7:30-9pm. 1st Sat (Apr-Aug). Bring a drum with you or use a drum that is provided. $5 donation requested at the door. Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor. For more info: 734-327-0270, InterfaithSpirit.org or Facebook.com/glattercurtisav1972.

classifieds

HELP WANTED

NATURAL BALANCE WELLNESS / HYPERBARICS MEDICAL CENTER OF ANN ARBOR IS OFFERING A GROUND FLOOR OPPORTUNITY – for an in-home/in-office hyperbarics technician and department manager. Must have the physical ability and manual dexterity to assemble and disassemble portable units, be interested in learning a new skill in high demand, have exceptional people skills and an excellent driving record. Help us define this new position with a go-getter attitude and enjoy an excellent hourly income, profit-sharing opportunities, flexible hours and a potential long-term career with us. Visit NB Hyperbarics.com. Email resume and letter of interest to TBoggess@NBWellness.com.

RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING! Our massage therapists earn $35K to $40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.



ALTERNATIVE POWER SOLUTIONS

GREAT LAKES APPLIED POWER
740 W. Industrial Drive, Chelsea
734-897-0550
GreatLakesAppliedPower.com

We are devoted to third-generation ultra-efficient power solutions using the latest technology and advanced product design. Please contact us for more information or for assistance selecting a Power Cell or Solar Power Wagon to fit your needs! *See ad on back cover.*

AROMATHERAPY

ROSY GLOW AROMATHERAPY
Margo Hertzfeld, Certified Aromatherapist
419-360-0169
RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

AUSTRALIAN SKINCARE AND FACIALS

NUTRI-METICS USA
1835 Hanover Rd, Ann Arbor
NutriMeticsUSA@gmail.com
734-239-3344
NutriMetics.com

Nutri-Metics means nutritional cosmetics. We are made in Australia and New Zealand, since 1968. We are the world's leading skincare because we balance the skin's PH, and give the skin the exact vitamins and minerals it needs to maintain its beauty. We also pride ourselves in the quickest facials with the highest beauty outcome. We call them two-minute facials. We're offering a facial for $75 and the complete skincare set for $320. The set includes all six products needed to maintain your beautiful skin. Fresh Products are shipped in monthly from Australia.

BIOLOGICAL DENTIST

ANN ARBOR'S DENTIST
Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 5.*

CATERING/FOOD

CINNAHOLIC
121 E Liberty, Ann Arbor
734-707-1955
Info@CinnaholicAnnArbor.com
CinnaholicAnnArbor.com

Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 25.*

COACHING & COUNSELING

HERR MINDFUL LIVING
SARA HERR, RN
419-540-8365
HerrMindfulLiving.com

It's time to begin the journey to your health goals! I provide personalized coaching to help you live a balanced, healthy life, using a gentler, science-based approach to getting you feeling healthy and energized. Contact me today for a free consultation! *See ad page 15.*

DETOX/COLONIC

INNERSPACE HOLISTIC
Brandy Boehmer, 734-709-8313
2350 Washtenaw Ave, Ste 14, Ann Arbor
InnerSpaceHolistic.com

Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

FOOD CO-OP

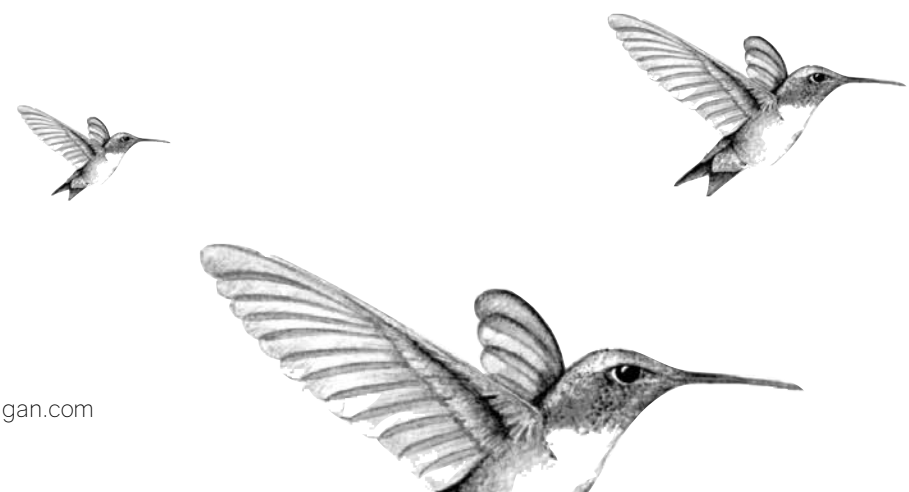
PEOPLE'S FOOD CO-OP
216 N 4th Ave, Ann Arbor
734-994-9174
PeoplesFood.coop

People's Food Co-op is a community-owned grocery store and deli in downtown Ann Arbor focused on providing local, organic and sustainable products. *See ad page 25.*

FUNCTIONAL DENTISTRY

DEXTER DENTAL STUDIO
7300 Dexter-Ann Arbor Rd, Ste 300, Dexter
734-426-8360
DexterDentalStudio@gmail.com
DexterDentalStudio.com

From the moment you walk through the door, you will experience a friendly and relaxed environment where the focus is always on you and your overall well-being. Dentistry is about more than just filling teeth. We place great emphasis on investigating root causes, patient education, and providing a positive and helpful dental experience. *See ad page 16.*



GENERAL & COSMETIC DENTISTRY

ANN ARBOR SMILES DENTAL GROUP
2365 S Huron Pkwy, Ann Arbor &
1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 24.*

PACKARD FAMILY DENTISTRY
2444 Packard St, Ypsilanti
734-519-6191
PackardFamilyDentistry.com

Our doctors are committed to holistic dentistry as the best way to care for our patients and keep them and our team as healthy as possible. We strive to treat the cause of a problem, not just the symptoms. We provide insight and answer any questions you may have regarding the tools and techniques we use for your care. *See ad page 19.*

HEALTH AND WELLNESS

CONSTELLATION HEALING ARTS
Michaelene Ruhl, PsyD,
28592 Orchard Lake Rd., Farmington Hills
248-345-3557
ConstellationHealingArts.com

We create intimate, safe and sacred spaces for people to learn, grow and heal by supporting them in learning to create the same for themselves and others. *See ad page 23.*

CRYSTERRA WELLNESS
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com

Ancient inspirations for modern welbeing. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithography and yoga.

HEALTH FOOD STORES

THE BETTER HEALTH STORES
Locations: Dearborn • Plymouth • Novi • Livonia • Ann Arbor • Sterling Heights • Belleville • Southgate • Shelby Charter Twp • Lansing • Grosse Pointe Woods • Beverly Hills • Bloomfield Twp • Windsor, ON, Canada
TheBetterHealthStore.com

Vitamins, supplements, organic and natural foods. For more information: *See ad page 13.*

HEART ATTACK, STROKE AND DEMENTIA PREVENTION

LESLIE I. BAUTISTA, RDH, BALE/DONEEN PRECEPTOR
Dexter Dental Studio
7300 Dexter-Ann Arbor Rd, Ste 300, Dexter
734-426-8360
Leslie@DexterDentalStudio.com
DexterDentalStudio.com

Here, at Dexter Dental Studio, we have a program to help individuals, "age backwards!" Oral -Arterial Fitness (OAF) is based on the Bale/Doneen Method of heart attack, stroke, diabetes, and dementia prevention. Learn how to improve and protect your health with: carotid artery scanning, genetic testing, unique bloodwork, oral disease detection, food therapy, supportive supplementation and behavior strategies. Targeted and functional health outside your physician's office! *See ad page 16.*

HOLISTIC DOCTOR

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads, pages 10 and 14.*

HOLISTIC MENTAL WELLNESS

HARMONY COUNSELING CENTER, PLLC
Christina Herbin, MA, LPC, NCC
Owner/Mental Health Therapist
321 S. Main Street, Ste. 215, Ann Arbor
CHerbin@Harmony2c.com
734-644-6943
Harmony2c.com

Living in peace with our mind, body and spirit is a transformative journey requiring our intentional efforts to maintain this essence. Providing counseling services, workshops and wellness resources to support emotional health and well-being. Connecting with your inner self and nature will support your journey in living a happy, healthy and harmonious life.

HOMEOPATHIC PHARMACY

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2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com

Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 18.*

LIFE COACHING

LEAN INTO YOUR LIFE
LeanFowardLife@gmail.com
734-249-9948
LeanIntoYourLife.net

Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.

MOLD TESTING & REMEDIATION

MOLDPRO
John Du Bois, CMI, CMR
247 W. Main Street, Milan
734-439-8800 • MoldProIlc.com

MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

MYOFUNCTIONAL THERAPY

MADISON L. SCOTT, RDH, BSDH MYOFUNCTIONAL THERAPIST
Dexter Dental Studio
7300 Dexter-Ann Arbor Rd, Ste 300, Dexter
734-426-8360
Madison@DexterDentalStudio.com
DexterDentalStudio.com

To properly speak, breathe, and swallow, the muscles in our face, mouth, and throat need to be able to function together. Disharmony of those muscles can negatively impact breastfeeding, oral hygiene, facial growth and shape, stability of orthodontic treatment, TMJ movement, posture, digestion, sleep, and more. Madison's therapeutic approach promotes proper tongue placement, breathing, speaking, chewing, and swallowing, which can have a huge impact on overall health and wellbeing. Learn more at dexterdentalstudio.com/myofunctional-therapy. *See ad page 16.*

NATURE-ORIENTED MEETING SPACE

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping.

PEDIATRIC DENTISTRY

ANN ARBOR SMILES DENTAL GROUP
Dr. Heather Hoffman
2900 Golfside Rd Suite 5, Ann Arbor &
1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 24.*

RELIEF FROM TRAUMA, ANXIETY & DEPRESSION

ACT ABSOLUTE CHOICES TODAY COUNSELING NANCY WARNARS, LPC
OperationAbleNancyW@gmail.com
248-845-0513
AbsoluteChoicesTherapy.com

Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.

MOTHER BEAR SANCTUARY BARBRA WHITE M.A, DI,HOM
734-796-6690
MotherBearSanctuary.com

Mother Bear Sanctuary's mission is to remind people of their innate connections to their bodies, the Earth, all animals, and each other. Barbra specializes in transpersonal therapy, horse retreats, trauma-informed nature therapy, healer training and leadership programs. *See ad page 20.*

SCHOOL / EDUCATION

NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION
503 East Broadway St, Mt. Pleasant
989-773-1714
Contact@NaturopathicInstitute.info
NaturopathicInstitute.info

Educational programs offered: Natural Health Program: four years (one weekend a month); Massage Therapy Program: one year (two weekends a month); Holistic Doula Practitioner Program: six months (one weekend a month). Individual classes available. *See ad page 11.*

SMOKING CESSATION

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 15.*

SOLID HARDWOOD PLANK FLOORING

CHELSEA PLANK FLOORING
740 W. Industrial Drive, Chelsea
734-433-1023
ChelseaPlank.com

Natural. Beautiful. Versatile. Longevity. Green. In simplest terms, a solid plank of hardwood flooring is a piece of a tree. It is neither laminated, extruded, mixed nor reconstructed from industrial regurgitation. It's the real deal, that which other flooring products strive to resemble and are measured against.

TAI CHI AND QIGONG

PEACEFUL DRAGON SCHOOL
1945 Pauline Blvd, Ste B, Ann Arbor
734-741-0695
PeacefulDragonSchool.com

Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure. *See ad page 21.*

WEIGHT LOSS

FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY
734-883-8775

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 15.*.

WELLNESS / HYPERBARICS

NATURAL BALANCE HYPERBARICS CENTER
1601 Briarwood Cir #475, Ann Arbor
855-942-7246
NBHyperbarics.com

Natural Balance HYPERBARICS CENTER

Natural Balance Hyperbarics, affiliated with Natural Balance Wellness Medical Center of Ann Arbor, provides convenient, safe and cost-effective in-home hyperbaric oxygen therapy (HBOT) options for our clients and patients. We rent and sell the highest quality soft- and hard-sided hyperbaric chambers specifically designed for use in private homes or clinics. Because we are affiliated with a medical center, we also provide medical oversight and specific medical protocols that facilitate physical healing and alleviate pain and other symptoms associated with a wide range of medical conditions. *See ad inside front cover.*

WELLNESS CENTERS

THRIVE! WELLNESS CENTER
6901 State Rd, Ste D, Saline
734-470-6766
Thrive-Wellness-Center.com

thrive! Wellness Center

Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 27.*

WOMEN-ONLY MASSAGE

SHER
734-239-3344
SherrelWells@icloud.com
Sher.amtamembers.com

My goal is to always give the best massage you've ever had. I have been a medical massage therapist since 1987. I will get the pain out. Muscular, sciatica, back pain, etc. $75/30-min medical massage and $100/hr relaxation massage with hot towels.

Upcoming Editorial Themes | natural awakenings

MAY: Women's Wellness

JUNE: Men's Health

JULY: Regenerative Organic Farming

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